



September



**Ironwood Cancer
& Research Centers**

Outsmarting Cancer One Patient at a Time®



Ironwood Cancer & Research Centers offers complimentary Supportive Care Services classes and support groups, available to everyone in the community.

Podcast

Ironwood Cancer Insights:
Thyroid Cancer Awareness Month
with Dr. Davis Romney



**Be sure to subscribe to be notified
when new episodes drop!**

Fitness Classes

Tai Chi Online

1st, 2nd, 3rd & 5th Thursday, 10-10:45am
Sept 12 & 19 No class on 9/5

Chair Yoga Online

2nd & 4th Wednesday, 10-11am, Sept 11 & 25

Yoga Nidra with Jodi at Glendale

2nd Wednesday, 3-4pm, Sept 11

Yoga with Ana Rinderer at Chandler

3rd Wednesday, 3:30-4:30pm, Sept 18

Tai Chi at Chandler

4th Thursday, 10-10:45am, Sept 26

Yoga with Ann Ford at Chandler

4th Friday, 2-3pm, Sept 27

Wellness Classes

Mindful Eating for Mindful Living Online & at Chandler

Tuesdays, 3:30-4:30pm, Sept 10, 17 & 24

Breast Cancer Survivorship Series Online

Dr. Rula Presents: Restoring Sexual Health
Wednesday, 12-1pm, Sept 4

Introduction to Mindfulness Series Online

Wednesdays, 6-7pm, Sept 4 & 11

Chemo Chat Online

1st Thursday, 12-12:30pm, Sept 5

Breath Work with Kreston Woods at Chandler

2nd Tuesday, 10-11am, Sept 10

Sound Bath at Chandler

3rd Thursday, 4-5:30pm, Sept 19

Survivorship Series Online

Thursdays, 6-7pm, Sept 19 & 26

Reiki Healing Session Online

3rd Friday, 1-1:30pm, Sept 20

Support Groups

East Valley Breast Cancer Support Group at Chandler

1st Wednesday, 6-8pm, Sept 4

Prostate Support Group Online & at Chandler

2nd Monday, 7-9pm, Sept 9

Online Breast Cancer Support Group

2nd Saturday, 10am-12pm, Sept 14

Young Adult Cancer Support Group Online

3rd Monday from 5:30-7:30 PM, Sept 16

Head & Neck Support Group Online

3rd Thursday, 1-2:30pm, Sept 19

Future Classes

Breast Cancer Survivorship Series Online

Starting 10/2, 12 Weeks, Wednesdays. 6-7pm

Eating through the Holidays Online

Starting 10/23, 12-1pm



Hybrid or office events provided at these locations:

685 S. Dobson Rd, Chandler, AZ 85224

5810 W Beverly Ln, Glendale, AZ 85306

8880 E Desert Cove Ave, Scottsdale, AZ 85260

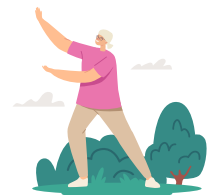
To reserve your spot or for questions call 480-314-6660

or e-mail wellness@ironwoodcrc.com for online class access information.

Be sure to follow Ironwood Cancer & Research Centers on social media and sign up for our newsletter for updates on our wellness classes and support groups.

Events are subject to cancellation or change.

Participation is at your own risk. ICRC assumes no liability for services provided.



**To view our current
events online, scan the
code with your phone's
camera or visit
ironwoodcrc.com.**

